

Green Revolution

Volume 3 | Issue 3

Article 1

3-1-1965

Something from Nothing - Homesteading Without Money; If You Don't Have You Can't Spend

June Burn

Follow this and additional works at: <https://research.library.kutztown.edu/greenrevolution>

Recommended Citation

Burn, June (1965) "Something from Nothing - Homesteading Without Money; If You Don't Have You Can't Spend," *Green Revolution*: Vol. 3 : Iss. 3 , Article 1.

Available at: <https://research.library.kutztown.edu/greenrevolution/vol3/iss3/1>

This Article is brought to you for free and open access by Research Commons at Kutztown University. It has been accepted for inclusion in Green Revolution by an authorized editor of Research Commons at Kutztown University. For more information, please contact czerny@kutztown.edu.

THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
PUBLISHED MONTHLY

Volume 3, Number 3

March, 1965

25c per copy, \$3 per year

Something From Nothing—

Homesteading Without Money; If You Don't Have You Can't Spend

By June Burn

If somebody in your family is inventive you can make-do for so many activities on the homestead you hardly miss money, or the tools money will buy. For the inventive one can go to the nearest junk yard and pick them up, or their makings.

We needed a fertilizer spreader, seeder, cultivator, disk harrow, plow, barb-wire mover, etc.

We got them or are getting them for nothing from the two dump heaps not far from our farm. Farrar is inventive. (How he loves a junk heap!) He can go to a pile of castaways, study it awhile, come home with an old coal scuttle, for instance, an old plow without a handle or whatever. And within a day or so we are ready to do whatever it was that awaited us, and he will say "Get the truck—we are ready to spread that fertilizer."

Asking no questions, by now, I got the Vogts pick-up which is already decorated with something sticking up right at the end of the bed, the tailgate down. Farrar gets on next to this machine and I drive us as he directs to the outer edge of a five-acre field—or a ten-acre—and he says: "A mile an hour around the field making the square each time."

The Vogts goes easily enough at only a mile an hour. Here is its picture with Farrar waggling the



tail of the contraption out of which comes the raw-rock fertilizer in a steady thin stream, he scattering it across a six feet wide band. At the corners of the field he misses the angle but the weeds don't mind and the birds like them and we like the birds. Around and around we go, closing in a six foot band at a time on to the center of the field.

Sitting beside his coal scuttle spreader Farrar swings the nozzle and sprinkles the fertilizer as evenly as if he were mechanically moved. Every so often he cries "Ho!" and I stop while he refills the scuttle from the sack of fertilizer. (continued on page 4)

"A" Is For Alfalfa

By Grace Lefever

Meaning "Father of all Food," So take the hint and get some seed

Then listen well and good.

Alfalfa, so they used to say,

Was good for cows and piggies,

But Bobbers' research now has proved

It's just as good for kiddies.

It's filled with enzymes that we need

To help digest our food,

And listen to the long, long list

Of vitamins so good.

It gives us half the C we need

Each day—in one good serving,

And also A, D, E and G,

K, U and B—deserving.

Now if you want good healthy

teeth,

And body strong and well

You'll start to eat Alfalfa sprouts

To nourish every cell.

Here are the simple directions for making these delicious "Sprouties" all winter long right on your kitchen sink counter. They will grow large enough to eat in four to five days. You will be able to see them grow each day.

Get a small amount of untreated alfalfa seed (at a health food store). Put 2 tablespoons of alfalfa seed in a pint jar. Fill it

with cold water and let stand overnight uncovered. By morning the little seeds will be swelled up and ready to burst open. Now hold a tea strainer (or something similar) over the jar and drain the water off into another jar. This liquid contains some of the vitamins and minerals so add it to fruit juice or soup, or add some mint tea to it to make a delicious drink.

From now on do not let any water stand in the bottom of the jar or the sprouts will rot. They do need to be rinsed with fresh water at least once a day (drain well), to give them moisture and keep them fresh. Moisture, light and air are all they need to keep growing. By the second day you will see the white roots pushing out, and then soon you will see a stem with tiny leaves starting to form. When the leaves turn bright green you know they are filled with chlorophyll and the sunlight has done its duty. The sprouts are ready to eat.

Use them in a sandwich instead of lettuce, add them to a tossed salad, or just put a forkful on your plate to eat like any other raw vegetable. Some people like to add them to soup, just before serving. They can be mixed right into a sandwich spread, such as an egg or tuna spread, but cut them fine first.

This is the best way I know to grow your live greens all winter long without a greenhouse. If you make larger jars full, you'll have plenty of salad greens, and it will cost only a few cents a week. Why not start some of these "sprouties" right now?

P. S. — You can sprout other seeds, such as wheat, rye, mung beans, etc., the same way.

Religious Liberals Hold Conference

Following a suggestion from Ralph Borsodi, religious liberals in New England will hold a joint conference at Phillips Exeter Academy, Exeter, N. H., April 23, 24, 1965. Speakers and panel participants include heads of the American Ethical Union, American Humanist Assn., Reformed Judaism and the Unitarian-Universalist Assn. Their purpose is to discover values, goals and programs which they have in common. Everyone interested may attend. Registration is at 2:30 p.m. Friday, April 23, and continues through 11 a.m. Saturday the 24th. Write for program to Dr. Richard Dewey, University of New Hampshire, Durham, N. H.

Milk and Honey

Part I

By John Seymour

[Editor's Note: The following article, first in a series by this British broadcaster and homesteader, links common interests in distant places. Robert Stowell, author of *The Simple Life* (formerly living in Vermont but now in New Zealand), introduced us to John Seymour in a review (April, 1964, *Green Revolution*) of Seymour's book, *The Fat of the Land*, in which he describes life on the Seymour homestead. In submitting items for this series, Mr. Seymour asked for our material to distribute in England, saying that, "The English like to copy anything the Americans do. They copy so many bad things, it would be nice to get them copying a good thing too for a change." We are very glad to present these items by this author-homesteader, unfolding a fascinating philosophy and practice akin to ours. This material was broadcast in January from British Midland Home Service.]

Last week I described how one family—my family—became self-sufficient in every kind of food-stuff excepting flour, sugar, tea, coffee, spices and salt, and a modicum—getting less every year—of animal feeding stuffs, on five acres of poor land. If we do go to the butcher it's an unnecessary and a calculated extravagance—we can get plenty of meat without it.

I tried to describe what our five acres is like now, after eight years of doing this on it. Our plans for the future are—to go on doing what we're doing now, only more so. Certainly grow our own wheat—we already have a little Canadian mill for grinding it. Double our herd of six Welsh breeding sows. Double our tiny herd of three cows—keep perhaps six cows and practice multiple suckling—that is, rearing bought-in calves. Make and sell butter, cream, and cheese perhaps. We don't chase after money for money's sake, but we like our little commonwealth to be commercially viable. We now make most of our money income from my wife Sally's potting and my writing. We would like to step up our homesteading activities until our produce from the land makes up perhaps half our income. We would like more land.

But in a country where land is being grabbed into fewer and fewer hands I doubt whether we shall ever get any. The way things are going now one percent of the population of Britain will soon own ninety-nine percent of the land. But we will carry on as long as we can in this country, and if necessary—emigrate and lead the same sort of life somewhere else, where the ownership of land has a more widespread basis.

Why should anybody want to live like this? is a question a lot of people ask us.

Well, we drifted into it, without really intending to. We were forced to become self-supporting by the remoteness of the place where we lived. You have to get a cow to get fresh milk—and then you find the whole thing begins to snowball. But having been forced into it—and having done it for eight years—neither my wife nor I would ever consider ever living in any other manner.

(continued on page 4)

More Effort Needed On Headquarters

As one of the advocates and supporters of the Headquarters Fund drive, I am very disappointed to learn in the January issue that only a token of less than \$1,000 has been received after almost a full year. At this rate a decade will pass before buying or building can be taken into consideration.

The wait-and-see people just won't realize that MJL and Lane's End are not going to be available indefinitely. If we don't build now and find new hands for the task, *Green Revolution*, *A Way Out* and the entire School of Living effort may cease. I for one do not wish for this to come about. I have received more insight from School of Living sources in the last three years than in the previous twenty.

I trust all of us will make a special effort of this year toward a much needed study center. We can't expect much from the colleges toward a saner society and so we must do it ourselves if we are at all to survive.

I am contributing an additional \$5 for the Fund. —Anton James, New York City

Go Ahead and Live! Is Salable Product; Let's All Sell It!

"Your new book is important—indeed a challenge to any thinking person today," said one reader. "And fortunately it is readable and full of human interest! It should find a good market."

We're glad for this evaluation, but hasten to note that it is only one of thousands of books coming out each week. It can easily get lost, shoved aside, go unnoticed and unread unless hundreds of School of Living people get in on the sales-act.

How You Can Help

Of course you can buy the book and read it. Even if you aren't a young person, you'll find scores of important ideas in it for you to work on. And of course you can pass it on to some young person.

A very simple thing anyone can do is to ask for it at your book store. Ask every time you are in or near a book store! Tell your book store clerk or manager to write School of Living, Brookville, Ohio for it. Here is one result that came from unsolicited action:

"Dear Sirs: There have been some customer inquiries as to your recent *Go Ahead and Live!* It sounds like the type that we might use in lot-quantity. Hence, please send us a complimentary examination and review copy, without delay. Also include a list of your other publications. —K. F. Kaufmann, Vista-View Books, Middleburg 2, Pa."

See Your Librarian

Besides interesting your book store, see your librarian—city, school, college, church-school. Tell them that it's about a real young couple dealing with real life situations in a courageous, self-help, independent way. Let us know your results. Send us other suggestions for the sale and use of *Go Ahead and Live!*

Headquarters Community News

Report from 2nd Workbee, Feb. 27-28, at Heathcote Homestead, 23 persons participating; dust and debris all removed from five-room apartment; innumerable holes patched, and walls changed from dingy dark to glowing white and pastel, with one or more of their final three coats of paint; electric lights working; 100 window panes replaced! Looks not only habitable but inviting.

School of Living Trustees Meeting, Feb. 27. Present: Harold Lefever, Leo Koch, Roger Wescott (and their wives), Philip Smith and Mildred Loomis. Action: Set date for next workbee (April 16-18), for summer workshop (July 3-10) and annual meeting (July 11) at Heathcote; outlined programs, appointed committees, etc.; considered plans for processing *A Way Out* with help of New York volunteers; suggested activity for college members of School of Living; examined Heathcote development plans with William Anacker; approved use of Headquarters Fund (\$994.00) for Old Mill expenditures, with Hugh Graham, Harold Lefever and Bill Anacker as a committee charged with stewardship and increase of this Fund.

Headquarters Fund: Victor Taufarnor, \$50; H. Roseman, \$2; Friend of S. Chawla, \$10; Rusel Jaque \$1; Harry Kaplan \$10; Bruce Barrett \$6; Anton James \$5; Earl McGue \$5. Total now \$994.00.

General Goal: To cooperatively make Heathcote Homestead's 75 acres one of the beautiful, productive and significant Shangri Las in America! You can have a part. Make plans for definite participation!

New School of Living Centers Await Active Workers

To the Editor:

I've been wondering why there couldn't be a branch of the School of Living out here (1) instead of everything like that always back east. (2) — Lucia Beiser, Box 71, Lucerne (Lake County), Calif.

Editor's Reply

(1) No reason, if west coast members want it. See No. 3, below.

(2) This brings us to the question, *How* do things get done? By people, *persons*, INDIVIDUALS doing them, of course. The people who want a thing bad enough start doing it.

Ralph Borsodi wanted a School of Living. He started one at Suffern, N. Y., in 1936. Mildred Loomis went to visit it, stayed a year, got married. She wanted to work at School of Living goals. Gradually a kind of School of Living developed at Lane's End Homestead where she lived.

In 1960 Rose and Ralph Smart, Sycamore Hollow Homestead, West Alexandria, Ohio, said, "Let's have a Homestead Festival." And they planned and developed it; held at their and nearby homesteads.

In 1961, Harold and Grace Lefever, Sonnewald Homestead, Spring Grove, Pa., said, "We'd like to have the Festival at our place this year." OK. They worked it up and it was a grand affair.

In 1962, Joy and Earnest Martin said, "We want the homesteaders to come to our place this year." So they worked and had it near them—used a country church, and centered around their Dannielson, Conn., homestead.

In 1963, Philip and Nancy Smith, Wayside Farm, New Hope, Pa., said, "We want the homesteaders to come to us this year." So they worked, invited speakers, and about 60 people enjoyed a two-day interchange.

In 1964, Marion and Isabelle Pettie said, "Come get together at Ragged Mt. Farm here in Virginia," and we did—for two weeks of discussion, relaxation, peach picking, etc.

In 1965, Grace and Harold Lefever, Bill and Margaret Anacker and a few others said, "Let's get busy on the Old Mill at Heathcote Haven and turn it into a School of Living headquarters." So they had a workbee Jan. 1-3. Feb. 20-22. and Feb. 27-28.

You see how it is. Just because there is a *name*, School of Living, doesn't mean that some "agency" or "organization" does things. It's PEOPLE! In our decentralist organization (School of Living), the *leaders* (if any) don't do the work. Whatever people want, people will get, in our School. The present leader (?) is glad to facilitate, report, assist in what ever people want.

(3) Letters from west coast readers frequently ask for a meeting, a center. I list a few addresses here of people who (as I glean from their letters) would be glad to work at, attend and participate in a School of Living development on the west coast (all addresses are in California): Victor Tauferner, 2030 W. 159th, Gardena; Bill & Jean Peavy, 77 S. P St., Merced; D. P. Huffman, 48 Park Rd., Burlingame; Mrs. Robert Hazelrigg, 1174 Olympia Ave., Seaside; W. H. Gordon, Etna; Robert Hayden, 789 E. Teague, Fresno; Paul Burner, 1190 Tabor, Los Angeles; Saloman Sherman, 1447 Avon Terrace, Los Angeles; Bruce Barrett, 1470 California St., San Francisco; Walter D. Bunnell, 6500 Jamison Rd., Santa Rosa; Eric Nilson, 850 Lynch Rd., Petaluma; Bruce Sloan, 9 Olive St., Mill Valley; Gregory Campbell, 163 18th Ave., San Francisco; John Swanson, Box 922, Berkeley; Marshall Rodin, 2416 Ashby, Berkeley; Sam Freedman, 1762 30th Ave., San Francisco; Paul Marks, 1257 California, Las Banos.

There are scores of others. We have more readers and members in California than in any other state. Who wants to work at getting together? Who *will* work at it? Pick your co-workers and get started. Let us know results.

Don't Take "City" to the Country

By Carolyn R. Guy
E. Calais, Vt.

Some of the problems of homesteading or country living are not recognized as problems at all but they can prevent you from getting the greatest benefit from your venture.

You can move to the country, plant a garden, raise some animals and you should save money, live a better life and enjoy peace and good health. You can—but maybe you won't. If stress and worry over how you will support the family go with you, so will the ulcer. If habits of spending remain the same as in the city you'll find country living costs even more. It is quite possible

to have eggs cost \$1.00 a dozen. The housewife who does not change her pattern of housework may find herself just out straight when country chores are added to the regular housework. She may have to bring her standards down a notch or two.

Children will get little benefit from the rural atmosphere if they are allowed to park endless hours in front of the TV.

Set and Maintain Goals

Many of these problems can be approached before you ever move to the country. In food purchasing and cooking, break away from ready-to-eat convenience foods; start making your own. Buy in larger quantities and only the

Letters to the Editor

If All Save Themselves

To the Editor:

We are kindred souls. I returned disabled from World War II, bought 600 acres of woodland up here, and built a house in the center. We have many advantages—good food, finest hardwood fuel, clean air and water, good neighbors; our sheep, goats, cattle, fowl and horses are the best. We also have a trade that keeps growing because of business policy based on good principles.

The green revolution can be the answer to the dilemma of America facing 6 hundred million Chinese who hate them and 400 million Soviet people who despise greed, avarice, and pride. I am not trying to save the world. I'm trying to save myself. If all save themselves from the results of their own folly, the world will be saved.—Edward A. Elstone, Green Rise Farm, Ontario, Canada.

Information Needed

To the Editor:

We are considering a homestead in the near future but need information on how to proceed. We hope to use solar-heating in our house. Can you direct us to sources on this? We compliment you on promoting "on-to-the-land living." We feel we couldn't get along without **The Green Revolution**.—Mrs. Alice Kennedy, 1355 Ivy St., Denver, Colo. 80220

* * *

To the Editor:

Who knows how to hull oats and sunflower seeds at home with effective hand methods? —Edgar Wenzlaff, Black Rock, Ark.

* * *

To the Editor:

Who has a good Brown Swiss heifer for sale?—C. Kline, Frewsburg, N. Y.

* * *

To the Editor:

My wife and I are particularly interested in articles on the keeping of stock on the homestead, chickens, swine, goats, sheep.—Alan Child, Box 183, Ashcroft, B. C., Canada.

* * *

To the Editor:

I found School of Living listed in Beatrice Hunter's book, **Gardening Without Poisons**. I'm writing a novel in which the theme of organic gardening and health through natural foods runs all through the book. Please send any information on this you think would help. —Hal Porter, Rt. 1, Box 1742, Port Orange, Fla.

[We suggested he have the hero-heroine wind up on their own Hunza land—build their own Shangri-La (homestead) alone or with others in a "model" community.—Editor]

Fiddler's Choice Address

[Joe and Helen Ryan, who welcome visitors and helpers in their homestead and home-building, live at Rt. 1, Box 78C, Franklin, N. H. 63235—Editor]

Ideals For Heathcote Community

To the Editor:

I have been taking up extra furnishings each time we go up to Heathcote Haven. Our town property where we live in Pikes-

basic ingredients.

Children can learn early to take a hand in the activities of the home—spend less time idly following the whims of the peer group.

A man may need to reevaluate his worth. Is it not better to mend the porch oneself than to go to work to earn the money to pay someone else to do it? One's time may be worth \$3.00 or \$4.00 an hour on one job but if all deductions and transportation are figured you may be money ahead to do the work yourself.

So it isn't enough to have good intentions or to go through the motions. We have to set goals and work toward them, look to the future and find ways to improve.

ville has been sold, so we'll definitely be part of the Community next summer. I wonder who will finally assemble there. It is a challenge to our spirit of harmony and cooperation. I would like to see it inter-racial and inter-religious. I feel we should learn from each other—the adults first and the children naturally, as well.—W. S. Anacker, 8 Ventura Lane, Pikesville, Md.

First Step, Improve Self

To the Editor:

I'm convinced that any society no matter how perfectly conceived and planned will be destroyed if inhabited by human beings motivated by need for recognition, power, security, authority, greed, etc. In other words by people like the vast, vast majority of us. I am convinced that any really fundamental change in the social structure must be preceded by a mutation in individual consciousness.

So my concern now is the understanding of myself, my fear, confusion and self-centered thinking. I have little enthusiasm for any systematic, thought-evolved solution to our problems.

How to earn the little material goods which I need in an interesting, unambitious way without submitting to authority and without harming anyone is what I'm looking for. I'm 36 years old, single, with clerical experience; went to advertising school but didn't take to it, have worked at odd skilled jobs, and the last ten years in bartending and catering work.

The triple prospect of coming into contact with serious-minded people, leaving a wrong vocation, and leaving the city is certainly appealing. Hence I subscribe to **Green Revolution** and will look up the people you mention.—Tom Mooney, 7242 Sansom St., Upper Darby, Pa.

26 Indiana Acres Available

To the Editor:

I have a 26-acre truck farm which I would sell on easy terms. Is there a family or two who would want to homestead it? Ten acres is black muck with much humus which could be irrigated. On the sandy part we raise excellent melons or alfalfa. A marl pit on the farm supplies lime for the alfalfa and other crops. I would make the financing quite easy for the right parties. — W. L. Overholser, Winamac, Ind.

[Mr. Overholser is a healthy, 80-year-old hygienist, actively promoting a third party for ethical politics.—Editor]

Confusion As To Goals

To the Editor:

I went to a meeting for the purpose of starting a Summerhill-type school and community. . . Unless the people can come to more common agreement I doubt if they can make a go of it. At this time, a few want organic farming with no concern for community; some want to teach in such a school due to frustration with the public schools, but not live there; some want an intensive

Why Suffer?

Why indeed, with all the plans and regimens for good health available these days!

A new book by Ann Wigmore, originator of wheatgrass therapy (see page 4, February **Green Revolution**) bears this title. It is full of help and inspiration. It reports Dr. Ann's achievements in her own health and that of literally hundreds of others working with her at The Mansion (25 Exeter St., Boston) and The Homestead (Stoughton, Mass.). It also is a fascinating account of her vivid and eventful life beginning as a refugee from Hitler's atrocities. Editor Loomis has visited Ann Wigmore twice, and has benefited from a year's use of wheatgrass at home. Many will find inspiration and help in her book. **Why Suffer?** is \$3.95 from Ann Wigmore at the Boston address.—M.J.L.

The Green Revolution

Second class mailing privilege authorized at Brookville, Ohio 45309.

Published monthly by The School of Living, Lane's End Homestead, Brookville, Ohio 45309.

Editor: Mildred J. Loomis.

Subscription rates: *The Green Revolution*, \$3 a year; *The Green Revolution* with School of Living membership, \$5 a year; *The Green Revolution* and bimonthly *A Way Out*, \$6 a year.

Telephone: TE 8-4522 (New Lebanon, Ohio).

intentional group-therapy type of community with a school in conjunction; several just want some place to dump their kids; and even a few I think would like themselves to enroll in any thing "free," especially if others will sort of take care of them. There were many monologues, just a little bit of communication and good coffee and cake.—Hunter Leggett, 10244 S. Longwood, Chicago, Ill.

[Fortunately, there are ways of learning to effectively communicate if persons want to study and practice it.—Editor]

Directory Report

To the Editor:

In mid-February there are 35 persons listed in the Green Revolution Directory. That leaves 265 to go in the 8 months I've decided to work on it. When Nov. 1 comes, I will turn over the list to **Green Revolution** staff to do as they wish with it. This is not a project for my personal gain or sale. The main purpose of this directory is interchange of ideas, with report of developments to **Green Revolution**.

Gus Goltz has an urgent project in Hawaii, so he has turned the 25 addresses for the **Green Revolution** map over to me, and we will combine the map and directory. We hope to get the first issue of the map out in April. Send your name, address, a 2 x 2 inch map of your local roads, and 50 words of copy (scenic sites near you, etc.) to me without delay.—W. Earwood, Rt. 1, New Lexington, Ohio

Homesteading For College Students

To the Editor:

I would like to present my students in Marriage and Family Living classes with the purposes, principles and publications of the School of Living. It would be helpful if we could have back issues of **Balanced Living**, and would appreciate your reading lists and information about loan library. Do you have a student rate? When and where will the next Congress on **Balanced Living** be held? Thanks for help in taking an analytical look at modern life and attempting to attain balance.—J. L. Middleton, North Carolina State, Raleigh, N. C.

SUBSCRIBE TO THE GREEN REVOLUTION

Date

School of Living
Brookville, Ohio

Here's evidence of my faith in the new venture, The Green Revolution. I send:

- ☐ \$3 for 1 year subscription to The Green Revolution.
- ☐ \$6 for 1 year combination subscription (both *Way Out* and *The Green Revolution*).
- ☐ \$5 for School of Living membership and one journal (*Way Out* or *The Green Revolution*). Indicate which
- ☐ \$10 for School of Living membership and both journals.

Name

Address

City

State

Amount Enclosed

Light and Color

(continued from last month)

The first step in developing a design procedure for light and color is to determine the value of average outdoor illumination for the specific section of the country one lives in. The average annual number of clear days gives some indication of this. The percentage of light falling on a surface which is not absorbed, but reflected, should be graded between the light source and the dark surrounding surfaces for walls, ceilings, and floor in rooms receiving varying amounts of light. In order to grade the brightness for a ceiling light, the ceiling should be given a "reflection factor" of 80%. A reflection factor of 25% is acceptable on end walls in a room with ample daylight. In a deep, poorly lighted room, on the other hand, the wall opposite the window should have a reflection factor of 70%. The window-wall itself, as well as frames and mullions, produces less glare when the reflection factor is high—80% or more. Floors should have a reflection factor of 25%.

Dark blue and black have low reflection factors; yellow and white are high. The amount of light reflected from various color surfaces is as follows: white 80%-90%; pale pastel (yellow, rose) 80%; pale pastel (beige, lilac) 70%; cool colors (blue, green pastels) 70%-75%; full yellow hue (mustard) 35%; medium brown 25%; blue and green 20%-30%; black 10%.

Colors of short wave length (green, blue, violet) create an impression of being cool; colors of long wave length (yellow, orange, red) appear warm. Warm colors are sharply focused and have apparent qualities of lightness, activeness and advancing movement; cool colors are less sharply focused and seem to be heavy, passive, and receding. An obvious but seldom practiced rule is to use warm colors in rooms that are exposed to the north, or that receive little sunlight. Cool colors are best used in rooms of a southern exposure. Soft, cool colors should be used in cloudy regions, and strong, warm colors in sunny regions. Light rooms should be decorated in strong, colorful contrasts. Stronger, brighter colors can be used in large rooms, whereas low color contrasts and weak, light patterns are best used to make small rooms appear larger.

The story is told of a manufacturer who redecorated his lunch room walls from peach to light blue. Soon the employees began to complain that it was chilly inside the lunch room. The actual temperature had not changed, being thermostatically controlled. When the walls were repainted peach, and orange slip-covers were placed on the chairs, the complaints ceased.

The sustained thought needed for a balanced light and color design is conveniently circumvented today by an increasing number of builders who use the "natural" approach: wood ceilings are stained or lacquered; prefinished plywood wall panels are chosen on the merits of wood grain; even imitation wood or cork floor tile is chosen to match the "natural" wood tones used everywhere else. This so-called "natural" approach was given weight by Frank Lloyd Wright, whose building interiors had a drab sameness throughout. Wright, who called those who employed paint and trim, "inferior desecrators," clearly overdid his principle of "naturalness of material."

Compare this timid decorative approach to that of a dynamic designer who understands his light and color principles and uses them to achieve definite results. For example, we have a designer telling about his use of light and color in the principal's office at the Waterdloof Primary School, South Africa:

The character needed for a principal's office is fairly complex. The first impressions of children entering the school are formed here. This demands a friendly, colourful atmosphere. The office is also used for receiving inspectors, teachers, and parents and should therefore be fairly dignified, in keeping with the status of the principal. Office work will require a fairly subdued and quiet atmosphere which is not distracting. Because the room faces into a little court, it may feel rather warm in summer; so a feeling of coolness is desirable. Fairly cool colours are indicated also by the fact that very often only irate parents come to see the principal, and they need to be calmed down.

The bright, stimulating colours that children like can be used at a low level, out of the line of vision of the adults. It was decided to use red floor tiles in spite of the fact that red aggravates bad temper. An angry person generally does not look down, whereas a despondent person might.

Psychologists say that 85% of our impressions come through our eyes. Light and color correctly used will create just about any impression desired. In a house we should strive for a variety and sequence of impressions, from excitation to sedation, from room

(continued on page 4)

ADVERTISING RATES

First Insertion: 40¢ per line or \$3.20 per Column Inch (8 Lines) (Minimum Charge: 2 Lines, 80¢) Half Price for Each Additional Insertion In Consecutive Issues, With No Change In Wording \$20.00 Per Column Inch Per Year

Special Rates On Large Ads Please send payment with your ad; this of course helps us greatly. Deadline for ads: twentieth of the preceding month (June 20 for the July issue, for example).

Books and Journals

GO AHEAD AND LIVE! — don't miss it! the 200 page book that reports how a young couple went about getting a homestead and intentional community. The best \$4's worth of information you can get on these and related problems of health, maturing, sex, education, etc.—Order Now—School of Living, Brookville, Ohio. (2-65)tf

LIVING THE GOOD LIFE. Subsistence farming on a Vermont wilderness homestead. Organic gardening, simple whole food, stonehouse building. A healthful life based on four daily hours of bread-labor. A 210 page book. Photographs. \$3.50. Helen & Scott Nearing, Forest Farm, Harborside, Maine. n(4-64)y

"Tomorrow We Will All Be Geniuses"—a book with a sweeping vision, embracing human ability and friendliness beyond our present selves; a reverence for life and its development to high potentials for beauty, love and happy living — by Gorden Caulfeild, \$1 from School of Living, Brookville, Ohio.

DR. SHELTON's "Hygienic Review." A unique Health magazine — Radical, Revolutionary, Fearless. 12 issues for \$3. P. O. Box 1277, San Antonio, Texas. h(6-63)ex

"PEACE OF MIND THRU NATURE"—guidebook to better outdoor living, \$1. Backwoods Journal, Paradise, N.Y. (Journal subscription \$2 a year, sample 35c.) b(4-64)

FITNESS — The comprehensive natural health magazine which covers organic nutrition and health from the soil upwards. \$3 a year (monthly), 35c a copy. Fitness, 255 7th Ave., New York City. (Published by Newman Turner Publications, Ltd.) (5-63)ex

HEALTH AND DAIRY GOATS. Many healthful products from dairy goats: milk, cheese, fertilizer. National monthly magazine, \$2 yearly. Dairy Goat Journal, Box 836, Columbia 85, Mo. d(6-63)ex

THE BUG BOOK: recipes for harmless insect controls. Illustrations identify insects. Cross indexed, recipes easy to find and make at home. Plants to repel insects and wild animals. Order from Philbrick, Box 96, Wilkinsonville, Mass. \$3.65 pp. 5 copies 40% off. p(11-64)y

FREE BOOK! 32-page soybean recipe book. Send 10c stamps. Dr. Chen, Atlantic Union College, South Lancaster, Mass. c(2-65)2

ENJOY National Stock Dog magazine, now including small animals and fowls. Quarterly; \$2 one year; \$5 for 3 years; subscription including classified ad, 4 times only \$7.00.—E. G. Emanuel, Rt. 1, Butler, Ind. 46721 n(9-63)ex9-12-3-6

School of Living Calendar at Heathcote Homestead Maryland Line, Md.

APRIL 16-18 —Work Bee and Shower of Furnishings. Bring gifts of chairs, cots, mattresses; kitchenware, linens, towels; books, shelves, office equipment.

JULY 3-10 — Community Workshop: work, play, discussions.

JULY 11 — Annual Meeting. School of Living Members.

MANKIND, GO HOME! by Rusel Jaque is a 50-page looseleaf book that will delight every true lover of the simple life. Hand-printed, green on lovely yellow pages; profound expressions on philosophy, nutrition, living. \$2 from School of Living, Brookville, Ohio. (2-65)tf

NEW ERA—35¢ (32 pp., 8½/11) way out—from present civilization to New Society (Individual-social organism). Literature 5¢. Wolfson Publications, 1126 Fteley, Bronx, N. Y. 10472 w(1-65)2

RAISE RABBITS. Healthy to eat the meat. Sell us the fur. Fun to raise them. Send 10c for booklet to: Blue Ribbon Rabbity, S. 202 Howard St., Spokane 4, Wash. b(4-64)y

THE SUMMERHILL BULLETIN, the publication of the Summerhill Society, is currently accepting articles for publication. Articles should be related in some way to Summerhill-oriented education or philosophy and should not be more than 4,000 words in length. Please send any contributions to: Summerhill Society, 5 Beekman St., New York City 10038. s(3-65)4

Vacations and Resorts

ACAPULCO, MEXICO New health resort, near ocean beaches. Luscious tropical fruit. Supervised Fasting, Hygienic-Vegetarian balanced diets, corrective exercises, psychological help for nervous and emotional problems. For details and reservations, write to: Dr. Carlos R. Arguello, Orozco y Berra 201-1, Mexico D. F., Mexico. a(5-64)y

RIO CALIENTE Hot Springs Health Spa, Box 1187, Guadalajara, Mexico. Excellent vegetarian diet, papayas and tropical fruits, excellent climate, mineral baths, etc. Write for literature. r(11-63)y

LET'S SEE THE WORLD — Hunza and/or Europe in '65. Visit all famous Health Centers and organic farms. Learn nutrition from Catharyn Elwood on the way. Earn part of your way. Feel Like A Million Tours, 1860 Clydesdale Pl., N.W., Washington, D. C. f(12-64)1

GARDEN GROVE House of Nutrition welcomes guests for good food, health instruction, peaceful relaxation, enjoyable recreation. Garden fresh nutritional dinners for those who appreciate 100% certified natural organic fruits, vegetables, meats, etc. Also prepared to highest standards of vegetarians, raw foodists, hygienists. Home cooking in all electric kitchen. Natural organic juices. Natural fresh goat milk. Spring water. Maid service. Recreation, private beach, peaceful Atlantic cove and park. Health book library; daily lectures on laws of nature, instruction in the art of natural fasting. For room rate brochure, write Prof. James Dooling, Institute of Earth Science, 138 Livingstone Ave., Beverly, Mass. d(1-65)3

Foods and Produce

ORGANIC oranges, grapefruit, hickory nuts, black walnuts and other shelled and unshelled nuts, etc. Write for prices to Wolfe's Organic Acres, Box 465-A, Winter Haven, Fla. 33881 w(12-64)2

ROBERT'S Organic Seeds, nuts, nut butters (sesame, sunflower, coconut, almond, cashew, pumpkin, pine), millet, brown rice, whole wheat cookies, organic fruit confections. At all Health Food stores. Free brochures from L. E. Robert Co., 792 Union St., Brooklyn 15, N. Y. r(5-64)y

VITA-BIO-POWR—a wonderful calcium-sulfur assimilable compound, on the alkaline side instead of acid. Non-toxic. Liquid or capsule. Patents pending.—Prune & Fruit Powder, Inc., 159 S. Western, Los Angeles 4. p(11-64)3

ORGANIC, uncolored, poison-free Oranges \$5.00 bu.; Grapefruit \$4.50 bu.; ½ of each \$4.75 bu. You pay express. Wolfe's Organic Grove, Box 465, Winter Haven, Fla. 33881 w(3-65)5

THE GREEN REVOLUTION — 3 March, 1965

ORGANIC and Natural Products, Fertrell, the complete blend of natural plant nutrients, green-sand, rock phosphate, mulch material, Roto-Hoe implements, Kemp shredders, many others, plus vegetables at the farm. Leonard P. Duncan, 9122 Norman Road, Yale, Mich. Phone: 40; 313-387-2217. d(2-65)3

BLUE RIDGE MOUNTAIN HONEY. Natural. Exactly as bees make it. No chemicals, no filtering, no cooking. 12 lb. can ppd. 4th zone, \$6.25. Send M.O. to Edwards, Jr., Organic Gardener, Box 147 D, Middletown, Md. Price List. e(11-64)

Homesteads and Homesteaders

WANT CONTACT with homesteaders in my area. I'm single, 34 years old, working in Forestry Dept., and greatly interested in the green revolution. Victor LeBrecque, Box 56, Guilford, Conn. b(2-65)2

FOR SALE—Homestead: house, bearing orchard, vineyard. Box 71, Lucerne, Calif. (2-65)3

WRITE Friedman, 1135 University, New York City 10452, if interested in cooperative living and/or community. f(3-65)3

Beauty Aids

PROTECT your hands with "On Guard," the farm-tested, most effective hand cream. When all else fails, this often helps. 2 oz., \$2, postpaid (tax incl.). With each order, free "Cleanse With Care" sample on request. Hedda Maar, 1472 Broadway, New York City 10036. m(11-64)1

DYNAMIC FORMULA—Revolutionary course in Facial and Neck Culture. It reawakens and preserves facial and neck youth indefinitely. Price \$3.00. Dynamic Formula, Box 376, Lynn, Mass. 01903 d(3-65)y

Soil Aids

"QR"—New English 100% herbal compost activator. Garden waste to manure in 6 weeks. \$1 makes 4 tons rich, organic, humus. Three \$1 packets \$2.50. Directions are included. Nichols Nursery, Pac-North, Albany, Oregon. n(3-64)tf

ROCK PHOSPHATE, Colloidal Phosphate, Hybrotite (a potash rock), Granite Dust, Nitomin; also A & E Hybrotite.—Paul Degler, 51 Bethlehem Pike, Colmar, Pa. (on Rte. 309). d(4-64)y

UNIQUE COMPOSTER — No work, no flies or odors. Continuous operation, 5000 lbs. annually. Only \$39.50, freight paid, and activator. Activator very potent, enough for 5000 lbs. waste, \$1.60 prepaid. Satisfaction guaranteed. From mfr., GROBACKS, Henriette, Minn. g(4-64)

Miscellaneous

FRIENDLY GREETINGS FROM Verbatim Service Co.—all lettershop and secretarial work. Complete typing and mimeo service. No job too small or too large. 150 Nassau St., New York City 10038 v(7-64)tf

HOLFORD'S famous herb inhaler, 50c. Last for years; has served suffering humanity since 1889. Quick relief for smog, hay fever, asthma, sinus colds, catarrh and other head afflictions. L. W. Burnworth, 7400 S. W. 90th Ave., Portland 23. Ore. b(11-64)3

COULD YOU use extra money for your self or your cause? For details, write S. Baldwin, 5770 S. W. 100th St., Miami, Fla. b(3-65)3

RUPTURE Cured by 4 Easy Exercises, in a few weeks at home. Complete course, \$81.95. 10-day money-back guarantee. Wolfe Memorial Clinic, Div. D, Box 145, Elkins, W. Va. 26241. w(3-65)5

ANY A.R.E. Steiner, Gurdjieff, Ouspensky, etc., students? A work and study group is being formed in Sheffield, Mass. If interested, write, A. Lepanto, RFD 1, Sheffield, Mass. l(3-65)3

12-Year-Old Could Enter University

Sandra Louise Sanborn, who had never been in school before June, 1964 when she took a battery of tests, has the capacity for getting A's and B's in beginning college work, according to university officials in Boulder, Colo.

Green Revolution readers will recall the items in our April and May issues ("Second Semester Report") in which her father, Robert Sanborn, described the home education of Sandra and a neighbor girl on their Redwing, Colo., homestead. They moved there in 1956 from Ohio, when Sandra was four years old. At that early age her father was teaching her trigonometry and the Greek alphabet.

The Sanborns wanted to experiment with education in a "family type" set-up where they could work closely with the children, taking advantage of the

many natural teaching situations which came up. Sandra spent no more than an hour or two a day in formal school work.

In June, 1964 the Sanborns moved to Boulder, where Mrs. Sanborn, a former teacher, is a secretary in the Dept. of Slavic Languages, Univ. of Colorado. In the summer Sandra took college Math 101 and 102 for no credit. The instructor said that she did very well and knew what she was doing. Consideration was given to letting Sandra continue in university courses, but it was decided to enroll her in the ninth grade of a Boulder girls' school, two grades ahead of normal for her age.

Reports and photos of Sandra, at this time, show her to be a healthy, robust youngster. Her only comment on all this activity is, "It's all very interesting."

A Catalog For Homesteaders

Enclosed is a catalog (from Agricultural and Industrial Machineries, Box 8, Ibaraki, Osaka-Fu, Japan) that may interest **Green Revolution** readers. It mostly illustrates (for sale) machines designed for hand operation or low power for processing coconut, rice and wheat, peanuts, bamboo, etc. We bought a grain huller and winnower and are pleased with them. We use the huller for sunflower seeds. Besides it has a lot of information, such as how to make soy sauce and bean curds.

The huller is large and heavy (100 lbs.), waist high, 5-6 ft. long and 2-3 ft. across. The gearing is fantastic. With two men pushing and pulling the handles (not a hard job), the last little cog-wheel is turning at over 3000 rpm! This throws the grain against a rubber cushion which cracks the hulls. The mixture (hulls, grains and unhulled seeds) falls into a bag or bin. The hopper holds about a bushel—a lever regulates how much goes through at once—and it does an unbelievable number of bushels per hour (more than we'll ever have).

We think it works very well. Some grains, like buckwheat, shatter with the impact, but we should be able to regulate this by how hard we work the handles and how much grain we let go through at once. With sunflower seeds we are more careful.

The winnower is smaller and more compact—2½ x 3½ feet. It is much lighter, made mostly of wood. It is just a hopper with a set of paddles below that work as a fan when the handle is turned. The handle is decorated with Japanese characters (we thought it might be a prayer wheel, but the company says it says "excellent separation is guaranteed"). The hulls blow out one end; the grain falls through two chutes below. It does a good job of removing the chaff, but

doesn't really sort out the hulled from the unhulled grain.

Anyone good at mechanics could easily rig up his own winnower. Especially if he has electricity (using a fan or a vacuum cleaner backwards). The Indians just used a windy day. As they poured the grain from basket to basket the chaff blew away. Any method, apparently, will lose some grain, and will require more than one winnowing. Let the chickens scratch through the refuse, and then use the hulls for mulch.

The winnower was \$55 to Vancouver; the huller \$158.—Eric & Jimmi Freedman, Farquier, B. C., Canada.

General Hints For Gardening

Avoid hybrid varieties and keep some seed of each variety you wish to continue, each year. Organically grown seed is better at germinating and improves with each generation.

Grow as many plants from seed as you can. They are more reliable and may be thinned instead of transplanted (which is a shock to most plants).

Get plenty of variety and make early, mid-season and late plantings of corn, potatoes, peas, salad greens, etc.

Plant corn in square or rectangular blocks rather than in one or two long rows. Square planting helps pollination.

Put asparagus, rhubarb and other perennials away from the center of the garden where you won't have to walk over or around them too much.

While staking tomatoes and other vine plants will increase yields, heavy mulching will do equally well, with a lot less effort and less risk of sun scald.

Try a few new vegetables each year. For instance, why not try

S. E. Arizona Land Available

We have just returned to California from our annual trip to our Arizona place. Our own spot of land in the foothills now has a plentifully producing well and electricity, and we camped there in luxury. At need we could live there now, with of course a garden to develop.

Readers of **The Green Revolution** may be interested in the information below about the land there; several have written about it but I haven't had specific data until now.

The main attraction of that region is something you can't put on paper; you have to visit the place for a time. But there's something in the air, the sweep of landscape, the mountains and space, that gets you—leaves you unsatisfied with other places afterward. So a number of people have found it.

Land is available in Arizona (Portal-Paradise area, Chiricahua Mts. region) that is suitable for homesteading or group living. Some land is in the foothills; most is in the adjacent San Simon Valley.

Foothill Land. Available in small parcels from a fraction of an acre to somewhat more than an acre, composed of groups of lots averaging 100 x 25 ft., at \$75 per lot. Mostly gradually sloping; some level, bordering Turkey Creek. Soil is good.... ground water is plentiful. Rainfall 18-20 inches per year, growing season about 180-200 days, elevation about 5500 ft. Present cover is mainly pinyon and juniper trees and grass; sycamores, walnuts and other vegetation along the creek. Climate mild, dry, sunny. Irrigation required.

Valley Land. Available in parcels from 40 to 170 acres; 320 acres available on lease from State with eventual ownership possible. Prices \$100-125 per acre; lease land at \$30 per acre for the lease rights, nominal annual lease figure, and eventual purchase at prevailing prices.

Jerusalem Artichoke. It is a variety of sunflower with edible roots.

Helps for Speedy, Good Compost

1. Get as much variety of materials in the compost heap as you can. Mix lush green things with equal amounts of drier matter.

2. Grind, shred, or chop your materials with a power lawnmower, shredder, an old chopping mill, or by hand. This speeds the breakdown to a surprising degree.

3. Try for an approximate balance of one-fifth animal matter (manure, etc.) to four-fifths vegetable matter. Moisture well, but do not soak, while building pile.

4. Turn heap every two or three days, or whenever the heating process does not develop. Check temperature with a thermometer that can be thrust well into the pile. It should go beyond 150° F. in the first few days and then slowly drop to a little above air temperature. Then, after 10 to 14 days, when it holds steady at about 95 to 100°, it is ready to use.

—Land Fellowship
Toronto, Ontario, Canada

IT PAYS TO MAKE OUR VOICES HEARD

Residents and farmers in the Pine Plains area of New York protested in such numbers that the state canceled its plan to spray 2500 acres.

\$50 FOR \$10

British Diploma
In Naturopathy

\$50 course for \$10

46 lessons, wallcharts, atlas

Send \$10 or Write

Anglo American Institute
of Drugless Therapy
20 Talbot Ave.
Bournemouth, England

Soil extraordinarily rich; copious ground water at 200-300 feet. Deep wells (about 2000 ft.) yield 3000-4000 gallons per minute and the valley water table appears to be rising. Some parcels have wells with windmills and tanks. Rainfall 13 per year; summers hot, winters mild; growing season 220-240 days; elevation about 4000. Land is all level. Present cover is mesquite, creosote bush, grass, shrub.

General. Both locations have dry bracing climate, little population, spectacular vistas. Plant pests and diseases are minimal. There is some remaining Federal land for possession under the Homestead Act; i.e., one may acquire it by living on it, developing, and demonstrating successful homesteading, for a nominal amount.—Ralph Hamilton, Box 772, Placerville, Calif.

Why Fear Disease?

We can see why Nature has no arrangements like the burning of infected material, poison sprays, insecticides, sera, or vaccines for checking disease. Why should she fight her own arrangement? Why should she burn diseased material or institute quarantine arrangements?

The diseased plant or animal continues in free and close contact with its fellows who are always exposed to full infection. The infection spreads only to what is already unfit. If it could spread to the fit, all life would soon cease. The parasites would overrun their victims like a forest fire. But life does nothing of the sort, it continues richly and abundantly. This is the one proof we need to tell us that disease cannot attack the healthy organism. Why, therefore, should we fear it?—Sir Albert Howard, in **An Agricultural Testament**

Something From Nothing, cont'd

lizer. It takes two fillings for a 100 pound sack. Then he sits down again and I drive on again covering about half the 22 acres in one day. It is great fun. We never tire of the game of making-do.

Wire Carrier

Farrar's barbed-wire releaser for building fences is another photogenic tool. You can see that it is just a box with a spool above it in which the wire unrolls, the whole fitting into a wheelbarrow.



FARRAR BURN and barbed wire releaser. Handling barbed wire is a "nasty" undertaking, and anything that will reduce hand snags from the vicious barbs is a boon to the do-it-yourselfer.

The hammer, etc., also ride in the box. Between posts Farrar pulls it along so easily it ought to be called a restler, not a worker.

A one-horse plow, cultivator, mowing machine, or disk harrow can be worked with the truck, plus two people. Whatever tool or machine that could be worked

pick-up way we have no idea, never having farmed (if you can call this farming) at all before. [Note: The Burns have passed their three score and ten years, but don't look or act it, do you think?—Editor]

For the first year we bought our rock fertilizer, hence the "home patent" spreader. But now with seven cattle, each dropping a bushel of manure a day, plus chickens, plus truckloads of peanut hulls from a factory 35 miles away, plus compost of all waste, including human, we have heavier, less convenient, fertilizer and must spread and dig it by hand—at least until Farrar invents something to make that easier. This hasn't been licked yet.

But each year we increase the planted area so as to buy less food for us, chickens, cattle, and it's about time for another trip to the community scrap dump. It can't be long until Farrar will come lugging home some outlandish thing which will turn itself into a comical but also neat and handy machine to do exactly what we want to do at no expense and almost no work—except for the truck which hasn't complained yet, even with so much as a worn-out tire.

It's handy to be married to a genius. If it isn't money in our pockets, it isn't much money, if any, out of them.

Milk and, cont'd

In the first place—we are forced to work hard. I am naturally lazy, and I won't work unless I am forced. This way of life forces me. I have to get up early and milk the cow and feed the animals. I have to work long hours in the sun, or the wind and the rain—to plough and to sow and to reap and to mow. Crops have to be drilled at the right time—be looked after—be harvested and the land prepared for crops again. I have to cut down trees, split posts, put up fences, mend buildings. No one else will if I don't.

Why is this good, you might ask, in a world in which so many people live quite easily without doing any real work at all? Unless filling in forms or minding a machine can be called work. Well, it's good because it makes you feel good. It makes you eat well o'days and sleep well o'nights and dream good dreams, and at fifty I am as young as I was at twenty—I can do anything I could then and do most things better. Isn't that reason enough?

Scientific man has set himself to take the hard work out of everything. Has he ever stopped to consider whether doing this really makes for a better kind of life—a better kind of man? A body that doesn't sweat hard with hard labor at least once a day and sometimes for a few days on end soon gets flabby, and the mind inside it gets flabby too.

(to be continued)

The Owner-Built Home, cont'd

to room. Color should be *optically balanced*. For instance, a small entry hall with walls of yellow brick leading to a predominantly blue living room, will emphasize the cool spaciousness of the living room. An excitable impression can be created by a sequence of bright illumination and warm colors, followed by a *sudden* exposure to cool colors and dim illumination. Finally, a restoration of bright illumination will create the desired effect.

Where an impression of sedation is sought, one should decorate one space with cool colors and low illumination. A final, gradual restoration to the first condition will give the impression of sedation. A *dramatic* interior effect can be achieved by using a maximum of color contrast with abrupt transitions of value and hue. On the other hand, a *static* interior effect is created by using a maximum degree of symmetry and parallelism, repetition and continuity.

The degree to which color creates a stimulating or depressing environment is little appreciated by the average home decorator. Red, for instance, has been found to increase a person's hormonal and sexual activity, as well as restlessness and nervous tension. Time is overestimated in red surroundings, and weights seem heavier. Blue, on the other hand, has opposite qualities: it tends to lower blood pressure and pulse rate. It is a restful and sedate color. In blue surroundings time is underestimated and weights are judged as being lighter. Green tends to reduce nervousness and muscular tension. It is the best color choice for sedentary tasks, concentration and meditation. Yellow produces a favorable effect on human metabolism; it is sharply focused by the eye and cheerful in appearance. Chrome yellow has been found excellent for shell-shock victims.

This brief discussion of color brings to mind the wide variety of conditions that contribute to the actual choice of a room. A room color can be chosen on the basis of the hair color of the person using it: a blonde looks best against a background of blue or violet-blue, while a brunette looks best amid warm, light colors. A person having brown hair looks best in green surroundings, and a redhead looks best in a room having cool green-blue hues. A white or grey-haired person looks best against any brilliantly colored background.

Color choice can also be made on psychological grounds. An extroverted person, for instance, prefers high degrees of illumination, amid warm and luminous room surroundings (yellow, peach, pink). An introverted person requires softer, cooler surroundings amid a lower brightness level. Grey, blue, and green are best suited to this personality type.

Another good basis for color choice has to do with a room's function and form. It is interesting to note that the psychological effect of every color is represented in a tangible two-dimension form. Red impresses one as a square form; yellow, as a triangular form; orange, as a rectangular form; green, as a hexagonal shape; blue, as a circle; and purple, as an ellipse. The shape of a room or building can thus be expressed in color, depending upon whether the room is angular, squarish, curvilinear.

(to be continued)

